



“At the heart of our mission is a deep commitment to providing access to quality mental health care— with a holistic focus that honors the mind, body, & spirit.

As Clinical Director, I am proud to lead a team of compassionate, highly skilled professionals who are dedicated to walking alongside our clients on their journey toward healing & growth.

We have carefully built a practice that offers not only exceptional care, but also meaningful resources to support the well-being of a community I am deeply honored to serve & call home.

Whether you're taking your first step toward therapy or continuing your path to wellness, we're here to support you— every step of the way.”



Katherine

Katherine S. Hyatt
Clinical Director, LMHC-D, RYT



BRANCHES OF GROWTH
Mental Health Counseling

peace begins within

Our practice was founded to support individuals in finding peace within their home, career, relationships, & community.

With a holistic approach to mental wellness, we aim to enhance the lives of those seeking personal growth & a higher quality of life.

We are dedicated to guiding you on your unique path toward healing, growth, & inner peace.

holistic growth for your mind, body, & soul

Follow us on Social Media!



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1 Adler Drive
Suites 4 & 5
East Syracuse, NY 13057

branchesofgrowth.com

315-415-0308

Branches of Growth

COMMUNITY WELLNESS INITIATIVES

AT BRANCHES, WE'VE ALWAYS BELIEVED IN WELLNESS AS A FOUNDATION FOR THRIVING INDIVIDUALS, FAMILIES, & COMMUNITIES. OUR HOLISTIC WELLNESS APPROACH BLENDING MINDFULNESS, MOVEMENT, MENTAL HEALTH EDUCATION, & EMOTIONAL SUPPORT HELPS PEOPLE FEEL BETTER, CONNECT MORE DEEPLY, & LIVE WITH GREATER BALANCE AND PURPOSE.

Holistic Model

ALL PROGRAMS INTEGRATE MIND, BODY, & EMOTIONAL WELLNESS

Community Focused

DESIGNED FOR DIVERSITY THROUGH PRACTICAL, INTERACTIVE SESSIONS

Custom & Flexible

OFFERINGS SHAPED TO YOUR TIMEFRAME, AUDIENCE, & GOALS.

Trusted Expertise

DEVELOPED BY CLINICIANS USING EVIDENCE-BASED PRACTICES.

Programs Built For:

**SPORTS TEAMS & COACHES
PARENTS & TEACHERS
C-SUITE & COMMUNITY LEADERS
UNION WORKERS
NON PROFITS**

Topics Covered:

**SOCIAL MEDIA & MENTAL HEALTH
STRESS & PERFORMANCE ANXIETY
CHAIR YOGA ANYWHERE
WORKPLACE MINDFULNESS
COMMUNICATION STRATEGIES**

We'd love to partner with you!

**PROGRAM SPONSORSHIP
COMMUNITY HOSTS
NETWORKING OPPORTUNITIES**

**BRANCHES OF
GROWTH**

Mental Health Counseling

BRANCHESOFGROWTH.COM/WELLNESS

315-415-0308





Our therapists collaborate with each client to customize therapeutic methods based on the topics the client chooses. They tailor care & attention to meet each person's unique needs.

Topics

Depression • Anxiety • Trauma/PTSD
 Relationships • Grief & Loss
 Parenting • Stress • Workplace Conflict
 Veteran / LGBTQ+ / Athlete Experiences
 Self Esteem & Self Confidence
 Body Image • Substance Use & Abuse
 Crisis Management • Suicide Risk

Methods

Eye Movement
 Desensitization & Reprocessing
 (EMDR)
 Emotionally Focused Therapy
 (EFT)
 Cognitive Behavioral Therapy
 (CBT)
 Dialectical Behavior Therapy
 (DBT)
 Acceptance & Commitment Therapy
 (ACT)
 Play Therapy

Insurance Options

We participate with a wide range of insurance providers. Depending on your plan, we can match you with a therapist who is in-network with your insurance.

Aetna • Anthem • Blue Cross Blue Shield
 Boon Chapman • Carelon • CDPHP
 Cigna • Excellus • Fidelis
 Martin's Point • Medicare
 Medicaid • Meritain Health • MVP
 Oxford • United Healthcare • UMR

We also participate with many Employee Assistance Programs!

Financial Assistance

CareCredit is a health & wellness credit card with flexible financing options so you can pay over time for care.



Apply here!



Our Sliding Fee Discount Program is also available to those who would like to apply for assistance. Please visit our website for more information on the application process.

www.branchesofgrowth.com/sliding-fee-program

Wellness Programming

In an effort to promote health & wellness throughout our community, we are excited to offer wellness programming to local businesses & organizations. Our goal is to support the well-being of your team by providing accessible, engaging, & impactful wellness resources.

These programs can be scheduled for employees, school districts, athletic teams, volunteer organizations, community groups, etc.

Mindfulness
 Communication Strategies
 Wellness Training
 Suicide Prevention & Intervention
 Social Media Influence on Mental Health
 Chair Yoga
 Mindful Movement & more!

Each Presentation Includes:

Custom Marketing Materials
 (social media posts, digital flyer)
 Sign Up Form
 Managed Registration
 Branches Yoga & Wellness Center
 Referral Discount Code
 Feedback Survey



Call or email us for more info!